



# RESILIENT AGING

CLINTON COUNTY OFFICE FOR THE AGING NEWSLETTER

## FIRE PREVENTION FOR OLDER ADULTS

October is fire prevention month. According to the National Fire Protection Agency, people age 65 and up are twice as likely to suffer injury or death in a fire. Reduce your fire risk with these safety tips:

- If you smoke, never smoke when you are lying down, drowsy, or in bed. Smoke outside if possible and never smoke near oxygen tanks.



- When cooking using the stove, use caution when frying. Keep an eye on what you are cooking as most cooking fires start when someone is frying food. If a pan of food catches fire, slide a lid over it and turn off the burner.



- If you use a space heater, keep the heater at least 3 feet away from anything that can burn, including yourself. Unplug heaters when you aren't using them, when you leave home, or go to bed. Use heaters that are designed to turn off if they tip over.



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## MESSAGE FROM THE DIRECTOR

BY: DARLEEN COLLINS

Smoking is the leading cause of fire death for older adults, while cooking is the leading cause of fire injury.

Other fire related risks for older adults may include living alone, physical and mental disabilities, reduced sensory abilities, alcohol use, medication that makes them drowsy, and substandard housing.

There are ways to minimize risk of injury or death should a fire occur. Most importantly, use smoke alarms on every level of your home, including the basement. The majority of fatal fires occur when people are sleeping, and because smoke can put you into a deeper sleep rather than waking you, having a smoke alarm is an early warning of a fire to ensure that you wake up. Test your smoke alarms every month and never disable your smoke alarm by unhooking it or removing the batteries. If anyone in your household is deaf or hearing diminished, consider installing a smoke alarm that uses a flashing light or vibration to alert you to a fire emergency.

Check out articles in this newsletter to learn more.

## ACTIVITIES

### Senior Center Activities

5139 North Catherine St,  
Plattsburgh

Activities include: Fitness, Zumba, Yoga, Scrabble, Mah Jongg, Crocheting, Shuffleboard, Wii Bowling, Knitting, Card Games and More. The complete schedule may

be viewed at

<https://www.seniorsinclintoncounty.com/Activities/> or call 518-563-6180 for more information.

### GetSetUp Classes

Older adults in New York State still have access to GetSetUp classes. These classes are available for FREE!

Check out the website at [www.getsetup.io/partner/NYSTATE](http://www.getsetup.io/partner/NYSTATE) to see what classes are being offered.

**Cornell Cooperative Extension Fitness Classes** - for information on how to join any of these classes contact Mary P. Breyette at [mba32@cornell.edu](mailto:mba32@cornell.edu) or 518-561-7450. Classes offered Monday through Friday.

**Plattsburgh YMCA Arthritis Water Exercise Class** -for information on how to join call 518-561-4290. This class is free and sponsored by the Clinton County Office for the Aging. You do not need to be a YMCA member to participate.  
Monday, Wednesday 11:00-12:00



# CAREGIVER CORNER

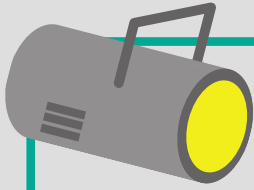
## Tips for New Caregivers

Sometimes caregiving starts gradually and sometimes caregiving duties happen suddenly due to a dramatic change in a loved one's health. Where do you start as a new caregiver?

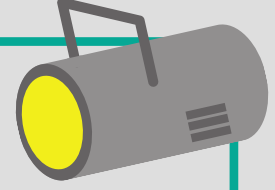
- Educate Yourself. Begin by learning as much as you can about your loved one's condition.
- Have important conversations and learn about your loved one's wishes. Be compassionate, this is likely a difficult time for your loved one as they learn to live with new limitations.
- Get organized. Create a binder with phone numbers, calendars, medical information, test results, and a current list of medications. Take this with you to appointments.
- Create a team. Who else is available to assist, what are their strengths, how can you share the tasks?
- Take care of yourself. It is important to take time for yourself, even just ten minutes to have a cup of tea, go for a walk, or read. By taking care of yourself, you are better able to help others.
- Have a "go-to" person to vent about challenges and struggles.
- Learn about home and community-based care in your area.
- Join a caregiver support group.
- Focus on what's in your control.
- Don't let caregiver guilt keep you from taking breaks.

Recognize that while caregiving has some challenges, there are also great rewards. You are able to spend time with a cherished family member, you are making a difference, you have opportunity for personal growth, it's satisfying to care for a loved one's needs, and you have a sense of accomplishment.

*Contact Clinton County Office for the Aging's  
Caregiver Resource Center at 518-565-4620*



## Program Spotlight



# Personal Care

Personal Care is partial or total assistance with tasks, split into Level 1 and Level 2 service.

Personal Care Level 1 addresses an individual's limitations with Instrumental Activities of Daily Living (IADLs) that are performed in an individual's home. These tasks may include: making and changing beds, dusting and vacuuming the rooms the person uses, light cleaning of the kitchen, bedroom, and bathroom, dishwashing, telephone assistance, listing needed supplies, shopping for the person, doing the person's laundry, preparing meals, escorting to appointments and community activities, and escorting to other essential errands.

Personal Care Level 2 addresses an individual's limitations with Activities of Daily Living (ADLs), that are performed in an individual's home. These tasks may include some or total assistance with: all the tasks under Personal Care Level 1, bathing of the person in bed, tub, or shower, dressing, grooming, toileting, walking, transferring from bed to chair or wheelchair, turning and positioning, preparation of meals in accordance of modified diets, feeding, and providing routine skin care.

Personal Care can be obtained through various programs, each having their own requirements, or through privately paying. Call Clinton County Office for the Aging at 518-565-4620 for more information.



# FOODS TO FIGHT IRON DEFICIENCY

You may pump iron at the gym a few times a week, but your body pumps it continuously through the bloodstream every day. Iron is needed to make hemoglobin, a part of red blood cells that acts like a vehicle for oxygen and carbon dioxide. It picks up oxygen in the lungs, carries it through the bloodstream and drops it off in tissues including the skin and muscles. It then picks up carbon dioxide and takes it back to the lungs where it is exhaled.

## Iron Deficiency

If the body is unable to absorb its needed amount of iron, it becomes deficient. Symptoms appear only when iron deficiency has progressed to iron deficiency anemia, a condition in which the body's iron stores are so low that not enough normal red blood cells can be made to carry oxygen efficiently. Iron deficiency is one of the most common nutritional deficiencies and the leading cause of anemia in the United States. Symptoms include: fatigue, pale skin and fingernails, weakness, dizziness, headache, glossitis (inflamed tongue.)

## Sources of Iron

The body absorbs two or three times more iron from animal sources than from plants. Some of the best animal sources are: lean beef, oysters, chicken, and turkey.

Although you absorb less of the iron in plants, every bite counts. Also adding a source of Vitamin C to vegetarian sources of iron will enhance absorption. Some of the best plant sources of iron are: beans and lentils, tofu, baked potatoes, cashews, dark green leafy vegetables such as spinach, fortified breakfast cereals, as well as whole grain and enriched breads.

## How to Prevent Iron Deficiency

Eat a balanced, healthy diet that includes good sources of iron to prevent any deficiencies. Combine vegetarian sources of iron with Vitamin C in the same meal.

If treatment for iron deficiency is needed, a healthcare provider will assess iron status and determine the best form of treatment - which may include changes in diet or taking supplements.

*Submitted by Jo Dragoon-Morse, Registered Dietician*



# Medicare Open Enrollment is here!

Beginning October 15 Ending December 7 Every Year

## Clinton County HIICAP

Health Insurance Information Counseling and Assistance Program

Invites you to 2022 Medicare Open Enrollment Clinics

Your source for **Unbiased** Counseling & Information

FREE and Open to the Public!

Date	Time	Location
October 25, 2022 Tuesday	9 am – 3 pm	Virtual by Telephone or Computer <b>Pre-register at 518-565-4620 by 10/20</b>
October 28, 2022 Friday	9 am – 3 pm	St. Joseph’s Community Outreach Center 1349 Military Turnpike, Plattsburgh
November 2, 2022 Wednesday	9 am – 3 pm	Mooers Town Courtroom 2508 Route 11, Mooers
November 9, 2022 Wednesday	9 am – 3 pm	PHA Russell H. Barnard Apartments 46 Flynn Ave, Plattsburgh
November 15, 2022 Tuesday	9 am – 3 pm	American Legion Post 912 29 Pratt St, Rouses Point
November 18, 2022 Friday	9 am – 3 pm	St. Joseph’s Community Outreach Center 1349 Military Turnpike, Plattsburgh
November 21, 2022 Monday	9 am – 3 pm	St. Augustine Parrish Center 3030 Main St, Peru
November 28, 2022 Monday	9 am – 3 pm	Virtual by Telephone or Computer <b>Pre-register at 518-565-4620 by 11/22</b>
November 30, 2022 Wednesday	9 am – 3 pm	American Legion Post 1618 275 Wilson Rd, Saranac

Meet one-on-one with a trained HIICAP counselor to determine the coverage that best fits *your* needs based on your health and medication needs.

Remember: Plans change from one year to the next – always review your options.

**Services will be provided on a first-come, first-served basis.**

**Pre-registration is required for Virtual Clinics only (October 25 & November 28)**

## What to Bring With You to the Open Enrollment Clinic

- MyMedicare.gov User Name and Password (if you have one)
- A list of your prescription medication with dose & frequency
- Your Medicare card
- Health Insurance card for any other health insurance you use
- Proof of income to review eligibility for Medicare Savings Programs

### What HIICAP Provides:

- Education to the public about **Medicare, Medicaid, Medicare Savings Programs, Medicare Advantage Plans, Medigap, Employer/Retiree Coverage, and Other Health Insurance Options**
- **Empowers** all Medicare beneficiaries and their representatives to understand their options so they can make an informed decision
- **Unbiased free counseling and information**

### What are Open Enrollment Clinics?

Anyone with Medicare can enroll, disenroll, or change their coverage for the following year during the open enrollment period. Open Enrollment Clinics provide the opportunity to:

- Determine the coverage that best fits your needs, plans change from one year to the next, so current coverage may or may not be the best fit for next year
- View, discuss, and take home plan information
- Find out if you are eligible for Medicare Savings Programs based on your income
  - **Bring proof of income to review eligibility**
- Meet one on one with a trained HIICAP counselor to enter your medications in Medicare Plan Finder to review lowest out of pocket cost options for Part D and Medicare Advantage Plans
- Find the best fit plan for your health and medication needs
- Receive enrollment assistance

### For more information, contact a Certified HIICAP Counselor:

Office for the Aging/NY Connects (518) 565-4620 or  
JCEO/NY Connects (518) 561-6310



# Home Fire Escape Planning



Do you have a plan for how to get out of your home safely in case of fire? Everyone should have a plan, and that plan should be based on your abilities.

- Check for and remove barriers to escape such as windows that are nailed or painted shut, furniture or boxes that are blocking exit doors, security bars on doors and windows, or clutter that hinders escape routes.
- If you don't live in an apartment, sleeping in a room on the ground floor may make emergency escape easier.
- Keep a telephone nearby, along with emergency phone numbers so that you can communicate with emergency personnel if you're trapped in your room by fire or smoke.
- When looking for an apartment or high-rise home, look for one with an automatic sprinkler system. Sprinklers can extinguish a home fire in less time than it takes for the fire department to arrive.
- If a fire starts, get out and stay out. If you can't get out, get as low to the ground as possible so that you don't breathe in smoke, which can be deadly.
- If you live with others, plan a safe place to meet outside after escaping. Practice your plan by conducting your own fire drill.

Planning in advance gives you the best chance for a positive outcome in the event of emergency. There may be programs to assist you if you do not have smoke alarms. Contact Clinton County Office for the Aging at 518-565-4620 for more information.





# Smoke Alarms

## at Home

**SMOKE ALARMS ARE A KEY PART of a home fire escape plan. When there is a fire, smoke spreads fast. Working smoke alarms give you early warning so you can get outside quickly.**

### SAFETY TIPS

- » Install smoke alarms inside and outside each bedroom and sleeping area. Install alarms on every level of the home. Install alarms in the basement.
- » Large homes may need extra smoke alarms.
- » It is best to use interconnected smoke alarms. When one smoke alarm sounds they all sound.
- » Test all smoke alarms at least once a month. Press the test button to be sure the alarm is working.
- » There are two kinds of alarms. Ionization smoke alarms are quicker to warn about flaming fires. Photoelectric alarms are quicker to warn about smoldering fires. It is best to use both types of alarms in the home.
- » A smoke alarm should be on the ceiling or high on a wall. Keep smoke alarms away from the kitchen to reduce false alarms. They should be at least 10 feet (3 meters) from the stove.
- » People who are hard-of-hearing or deaf can use special alarms. These alarms have strobe lights and bed shakers.
- » Replace all smoke alarms when they are 10 years old.



### FACTS

- ! Smoke alarms should be installed inside every bedroom, outside each sleeping area and on every level. Smoke alarms should be connected so when one sounds, they all sound. Most homes do not have this level of protection.
- ! Roughly 2 out of 3 fire deaths happen in homes with no smoke alarms or the alarms are not working.



Your Source for SAFETY Information [www.nfpa.org/education](http://www.nfpa.org/education)  
NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169

**MEALS ON WHEELS**  
 45 Veterans Lane  
 Plattsburgh, NY 12901  
 (518) 561-8820



*This menu is approved by a Registered Dietitian. Menu Subject to Change.  
 \*Watch for New Items*

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Battered Fish Oven Browned Potatoes Capri Blend Vegetables Whole Wheat Bread Mandarin Oranges	<b>4</b> Beef Stroganoff Spiral Noodles Spinach Butterscotch Pie	<b>5</b> Chicken Salad Sand. Lettuce & Tomato Vegetable Salad White Bread Peanut Butter Cookie	<b>6</b> Baked Ham w/Raisin Sauce Sweet Potatoes Mixed Vegetables Chocolate Mousse	<b>7</b> Spanish Rice Wax Beans Wheat Bread Fresh Fruit
<b>10</b> HOLIDAY	<b>11</b> Breaded Chicken on a Bun Roasted Potatoes Broccoli Fruit Cup	<b>12</b> Herb Baked Pork Chop Seasoned Noodles Peas & Carrots Apple Crisp	<b>13</b> Roast Beef w/Gravy Roasted Potatoes Cole Slaw Birthday Cake	<b>14</b> Scalloped Potatoes w/Ham Baby Carrots Rye Bread Fresh Fruit
<b>17</b> Chicken & Biscuit Mashed Potatoes Harvest Blend Vegetables Peaches	<b>18</b> Enchilada Casserole Rice Fiesta Corn Lemon Mousse	<b>19</b> Marinated Chicken Red Potatoes Green Beans Chocolate Chip Cookie	<b>20</b> Spaghetti w/Meat Sauce Tossed Salad Italian Bread Tapioca Pudding	<b>21</b> Roast Pork w/Gravy Mashed Potatoes Sliced Carrots Dinner Roll Fresh Fruit
<b>24</b> Sweet and Sour Pork White Rice Oriental Vegetable Wheat Bread Pears	<b>25</b> Macaroni & Cheese Stewed Tomatoes Wheat Roll Fruited Jell-O	<b>26</b> Hot Turkey Sandwich w/Gravy Mashed Potatoes Winter Blend Vegetables Pumpkin Pie	<b>27</b> Meatloaf w/Gravy Mashed Potatoes Peas Molasses Cookie	<b>28</b> Chicken Stew Sliced Carrots White Bread Fresh Fruit
<b>31</b> Shepard's Pie w/Gravy French Style Green Beans Wheat Bread Pineapple Tidbits				

Senior Citizen  
 Council Nutrition  
 Program  
 Funded by  
 Clinton County  
 Office for the  
 Aging and New  
 York State Office  
 for the Aging.

# Are you looking to volunteer your time and expertise?

Contact Kate Gardner at AmeriCorps Seniors at 518-566-0944 to match your interests and expertise with volunteer opportunities.

Clinton County Office for the Aging is pleased to provide you with services. Programs for the Office for the Aging are funded by the Older Americans Act, New York State, Clinton County and your contributions. There is no fee for services; however, in order to provide continued quality services, the Older Americans Act requires us to allow voluntary, confidential contributions from participants. Individuals with self-declared incomes at or above 185 percent of federal poverty level (\$1,986 monthly income for a single person) are encouraged to contribute at levels based on the actual cost of services. Your contributions are used to improve upon and support the programs.

Any amount you contribute is greatly appreciated. If you are using a check, please make the check **payable to: Clinton County Treasurer** and **mail to** Clinton County Office for the Aging, 135 Margaret St, Suite 105, Plattsburgh, NY 12901. You will not be denied service because of an inability or unwillingness to contribute.

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Please return with your contribution

- |  |                           |
|--|---------------------------|
| \$ _____ Home Delivered Meals                | \$ _____ Congregate Meals |
| \$ _____ Caregiver Services                  | \$ _____ Transportation   |
| \$ _____ Health Insurance Counseling         | \$ _____ Lifeline (PERS)  |
| \$ _____ Health Promotion (Exercise Classes) | \$ _____ Legal            |
| \$ _____ Housekeeping/Personal Care          | \$ _____ Other _____      |

## Medicare Open Enrollment October 15th - December 7th

During this time, you can make changes to your health insurance coverage, including adding, dropping, or changing your Medicare Advantage and Part D coverage for next year.

Even if you are happy with your current health and drug coverage, Fall Open Enrollment is the time to review what you have, compare it with other options, and make sure that your current coverage will meet your needs for the coming year.

Trained counselors can assist by providing **unbiased** information. See pages 6 & 7 for details.

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Clinton County Office for the Aging  
135 Margaret St, Suite 105  
Plattsburgh, NY 12901